AKIRA

Laws of reality

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My believes and what I will expand and define later on in this book

1. Reality exists; truth is a shadow humans paint over it.
2. Facts do not bend; illusions do.
3. Humans shade truth to survive, but comfort is a prison.

4. Deny reality, and the universe collects the debt.

5. War is neither evil nor good; it is life itself.

6. Death is not the end; it is the engine of creation.

7. Stars die so new stars may rise; humans fight so life may continue.

8. Morality is human-made; survival is universal law.

9. God is both the universe and a conscious observer of it.

10. Pride blinds; humility aligns with reality.

11. Observation without bias reveals the laws of existence.

12. Philosophy is not comfort; it is clarity.

13. Recognition confirms existence; unrecognized, nothing is real.

14. The universe is not black and white; it is infinite in form and perception.

15. Lies are a flame; truth is water — timing and precision dissolve illusions.

16. Humans are insignificant, but consciousness allows understanding.

17. To fight illusions blindly is to feed them; to align with reality is to survive.

18. Every action, denial, and lie carries inevitable consequences.

19. Cycles of creation and destruction are perfection itself.

20. Humanity's arrogance will meet the laws of existence; awareness determines survival.

I was nine years old when I first felt it — that weird feeling that I wasn't real. Like I was watching my own life through a screen. My hands didn't feel like mine. My thoughts felt distant, like echoes bouncing in a room I wasn't allowed into. I didn't know what depersonalization or derealization was. I just knew something was off. Something was real, and I wasn't sure I belonged in it.

That moment changed me. Most kids my age were playing, laughing, living inside stories adults told them. Me? I stared. I questioned. I watched people move, talk, react — and I realized something big: they were all pretending. Not because they wanted to lie, but because the truth hurts. People see the truth, but they shade it, hide it, twist it, just to keep their peace.

By the time I was fifteen, that same mind had grown sharper. I didn't just feel the world was weird — I started mapping it. I watched humans, their habits, their arguments, their illusions. I watched how people fought to hold onto lies, how they ignored reality, how they hid glimpses of truth from themselves and others. I realized these patterns were not random. They were laws. Laws of existence. Laws of life.

This book is me putting it all down. Not because I have the ultimate truth. Not because I claim to be the greatest mind ever. But because I tested what I see, I observed it, and I saw patterns no one else seems to notice.

I didn't sit in classrooms for this. I didn't follow teachers. I didn't read philosophers to copy them. I went outside. I watched life happen. I watched humans act, argue, fight, lie, love, die. And slowly, I wrote the rules in my mind. I tested them over and over until they held.

This is the same mind I had at fifteen — the mind that is still inside me today. Everything you will read here is born from observation, testing, and reflection. It’s raw. It’s real. And it’s mine.

If you read this and question it, good. That’s the point. Don’t believe me. Test it. Watch the world. Watch yourself. See if it holds.

Welcome to my reality.

Prologue — Before Everything

Before there was time. Before there was space. Before light, matter, or even thought. There was nothing.

But “nothing” wasn’t empty. It was potential. It was silence before sound, darkness before light, the stillness before a heartbeat. Out of that stillness came a spark — an explosion of energy so small and yet so infinite it birthed everything you and I can see and touch. This was the beginning of the universe.

From that first moment, laws were born. Not human laws, not rules made by governments or religions — but the original laws of reality. Balance. Motion. Energy. Cause and effect. Creation and destruction.

Stars were born out of clouds of dust. They burned, lived, and died in colossal explosions. And from their deaths came new stars, new planets, new elements — the very stuff that makes your body, my body, the air we breathe, the food we eat. Every cell in you was once part of a star that died billions of years ago.

This is the first truth: the universe is a cycle. Nothing truly ends. Energy only changes form. Death is not an ending but a beginning. Destruction creates space for creation.

When you understand this, everything else becomes clearer. Life, death, war, peace, even human behavior — all of it mirrors the same universal pattern. We are not separate from the universe. We are built from it. We live by its rules, whether we acknowledge them or not.

I believe God exists. Not as an idea, but as a conscious, aware being. God is the source of the laws, the spark that ignited nothing into something. God is the universe, and also beyond it — a being who watches, who knows, who set the cycle into motion. Stars obey His laws. Nature obeys His laws. And whether we like it or not, we obey His laws too.

When humans forget this, they build illusions. They think they are special. They think they can bend reality without consequence. They think they can have creation without destruction, life without death, peace without conflict. But the universe does not work like that.

This book is my attempt to show you. Not with fancy words, not with hidden codes, but with raw truth and real examples. We'll start from the beginning of everything and follow the thread to now — to the laws of life, survival, war, death, and truth itself.

If you're reading this, step outside your illusions for a moment. Forget what you've been told. Look with your own eyes. Watch with your own mind. Test what I say. See if it holds.

This is the story of reality. This is the story of the universe. This is the story of us.

Prologue — Why I Write This

I do not write to comfort.

I write to remember.

I write to preserve what the world often forgets — the laws beneath illusion, the patterns beneath chaos, the rhythm beneath silence.

This is not doctrine. It is observation. It is survival. It is truth, as I have seen it, and it is the only inheritance I can leave to the future self who returns to these pages.

I began seeing this when I was nine, in my first real experience of depersonalization and derealization. That moment opened my mind. I realized reality is not always what we feel it to be, and that existence is something to be observed, questioned, and understood. This book reflects the mind I had at fifteen — the same one that experienced that awakening — and everything I have learned since through observing humans, life, and the universe.

1. Reality, Truth, and Facts

Reality is absolute. It exists independently of perception, belief, or denial.

Truth is subjective. Each mind interprets reality differently, influenced by emotion, survival, and perspective.

Facts are singular; they are reality stripped of illusion.

> Core principle: Reality is reality. Truth is perception. Facts are undeniable.

Human denial of truth is instinctive but costly. We shade reality to protect comfort, peace, or ego. Comfort is temporary; the consequences of denial are inevitable.

2. Human Denial and Illusions

Humans lie to themselves more than they lie to others. Not out of malice, but survival.

I have observed this in daily life: people seeing glimpses of truth but ignoring them to avoid discomfort. They live in stories of themselves and the world that hide reality.

> Core principle: Illusions may protect temporarily, but they imprison permanently.

The more humans deny, the more destructive their ignorance becomes — personal collapse, societal collapse, generational collapse.

3. The Laws of Existence

Law of Observation

Observe without bias. Watch patterns emerge in human behavior. People react predictably when confronted with truth: denial, anger, avoidance.

Understanding these patterns allows survival within reality, rather than fighting shadows.

Law of Consequences

Every action, inaction, denial, or deception has consequences. Reality enforces itself. Denying it multiplies suffering.

Law of Survival

Every being must preserve itself or perish. This is not immoral; it is law. Those who ignore it are weak before reality.

Law of Balance

Every force generates counterforce. Every act of destruction allows creation. Precision, timing, and understanding are required to maintain balance.

4. War, Death, and Life

War is inevitable. Conflict arises because humans react to perceived threats. Attack breeds attack. Revenge breeds revenge. The cycle cannot be fully contained.

War is neither evil nor good; it is part of life and survival. Death is not destruction alone — it is transformation. Stars die to give birth to new stars; planets form from cosmic remains. Humans, societies, and civilizations follow the same principle.

> Core principle: To resist or deny the inevitability of struggle only amplifies suffering. Understanding it allows wisdom.

5. Morality and Human Judgment

Morality is human-made. The universe is impartial.

What humans label “good” or “evil” often stems from fear, survival, or desire. Moral judgments are tools for managing society, not truths of existence.

> Core principle: Align with reality, not moral illusions. Survival is law.

6. God and Consciousness

God exists both as the universe and as a conscious, aware being observing it.

God is the totality of reality — energy, law, creation — but also aware, deliberate, and observing. Humans who attempt to defy universal laws do so at their own peril.

> Core principle: God is both the law and the observer, the infinite and the conscious.

7. Human Significance and Pride

Humans are insignificant in the cosmic scale. Consciousness allows awareness, but it does not confer dominance or specialness.

Pride blinds humanity. Overestimating importance accelerates suffering and invites doom.

> Core principle: Humility before reality is survival. Pride is extinction.

8. Philosophy as Survival and Understanding

Philosophy is not luxury. It is not academic. It is a tool to survive mentally, socially, and cosmically.

To question, analyze, and observe patterns is to prepare oneself for reality. Philosophy illuminates illusions, predicts consequences, and aligns humans with universal laws.

> Core principle: Philosophy is clarity. Clarity is survival.

9. Depersonalization, Awareness, and Reality

Reality is confirmed through recognition. If something is recognized, it exists; if it is unrecognized, it may not exist in one’s perceptual dimension.

This principle shaped my first awakening at nine. Awareness is not passive. It is a tool to pierce illusion and discern patterns in life, society, and the universe.

> Core principle: To be aware is to exist consciously within reality.

10. The Universe: Cycles and Perfection

The universe is not black and white. It is multi-dimensional, multi-faceted, infinite in forms and perceptions.

Destruction creates creation. Life feeds death, and death feeds life. Stars burn to scatter elements for new stars. Humans fight, die, and create in the same cycle.

> Core principle: The universe is perfect in its cycles. Understanding it aligns one with survival and existenc

11. Lies, Comfort, and the Flame of Truth

Lies are a fire. Truth is water. Pour truth into fire directly, and it may evaporate — resisted by the illusion's heat.

Humans create shields of comfort around lies. The truth is relentless, but patience, precision, and timing are needed to dissolve illusions.

> Core principle: To confront illusion is not violence; it is alignment with reality.

12. Humanity's Destiny

Humanity's illusions — pride, denial, comfort — will eventually confront reality.

History shows cycles of denial followed by collapse. The future repeats this pattern unless consciousness rises above illusion.

The species is not inherently special. Survival depends on alignment with universal laws, not the comfort of false narratives.

> Core principle: Humanity's arrogance will meet the laws of existence. Preparation and awareness determine outcomes.

13. Closing Reflection

I stopped trying to convince others of these truths; they resist. But reality does not wait for consent.

This document preserves the truths I have observed, the patterns I have discovered, the laws I have discerned.

It is my mind, captured. My awareness, preserved.

One day, perhaps, someone — or my future self — will return to it and remember what it means to see clearly.